



ZENGER *farm*

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About Zenger Farm

- 7 miles from downtown
- 16 acre Working Urban Farm and Wetland





Mission

Zenger Farm is a working urban farm that models, promotes and educates about sustainable food systems, environmental stewardship, community development and **access to good food for all.**



Zenger Farm 2015

By the Numbers

- **10,000+** Kids in Field Trips and Farm Camps
- **30,000+** Pounds of Vegetables
- **1,100** Weekly Farmers Market Shoppers
- **1,750** Participated in Community Cooking Workshops
- **950** Volunteers



CSA Partnerships for Health



What is Community Supported Agriculture (CSA)?



Subscription for a
weekly box
of vegetables
from a local farm

(June-October)



CSA includes

- Weekly Newsletter
 - List of vegetables
 - Photos
 - Stories
 - Recipes
- Farm visit



CSA is an Adventure

- Sugar Snap Peas, $\frac{1}{2}$ lb
- Russian Frills Kale, 1 lb
- Pink Beauty Radishes, $\frac{1}{2}$ lb
- Hakurei Spring Turnips, 1 lb
- Red Pak Choi, 1 head
- Baby Fennel, 3 bulbs
- Fresh Garlic, $\frac{1}{2}$ lb
- Garlic Scapes, $\frac{1}{2}$ lb
- Oregano, $\frac{1}{4}$ ounce
- Red Quinoa from Bob's Red Mill



June – 5 lbs



CSA is Seasonal

- Basil, 2 ounces
- Summer Squash Mix, 2 lbs
- Eggplant, 1 lb
- Tomatoes, 1 lb
- Red Onions, ½ lb
- Broccoli, ½ lb
- Chard, 1 lb
- Asian Plums, ½ lb
- Red Early Potatoes, 2 lbs
- Lentils from Bob's Red Mill



August – 9 lbs



CSA offers no Choice ☹️

- Chard, 1 bunch
- Carrots, 1 lb
- Red Beets, 1 lb
- Green Kohlrabi, ½ lb
- Purple Potatoes, 2 lb
- Delicata Squash, 3 lbs
- Cucumbers, 1 lb
- Sweet Peppers, ½ lb
- Mild Habenero Peppers, 4 ct
- Red Onions, 1 lb
- Inchelium Red Garlic, 1 head
- Cornmeal from Bob's Red Mill



October – 12 lbs



But CSA offers Support ☺



CSA Partnerships for Health: 2015 Pilot Season



- 30 members from Multnomah County Health Center
- Weekly dose of veggies every Tuesday of the 23 wk season
- Weekly newsletter, recipes and food tasting at pick up
- Cooking workshops, farms tours and community dinner at Zenger Farm



Benefits of CSA Partnership:

Member's perspective

- Convenient Pick-up
- Fresh, high-quality vegetables
- Feeling connected to a community
- Fun
- Learn new cooking skills
- Provide healthy food for family



Benefits of CSA Partnership: Organization's perspective

- Promote healthy eating habits
- Prevent chronic disease
- Build Community
- Additional, valuable service
- Boost members' morale
- Demonstrate innovative program





PAULA'S STORY

CSAP4H CSA Partnerships for Health 

CSA Evaluation Findings

According to surveys collected from CSA program participants before and after the program:

- Percent of participants eating **recommended amount of vegetables per day** increased from 11% to 52%
- 95% learned **new ways to cook**/prepare vegetables
- Statistically significant % of participants **replaced snack foods with veggies**

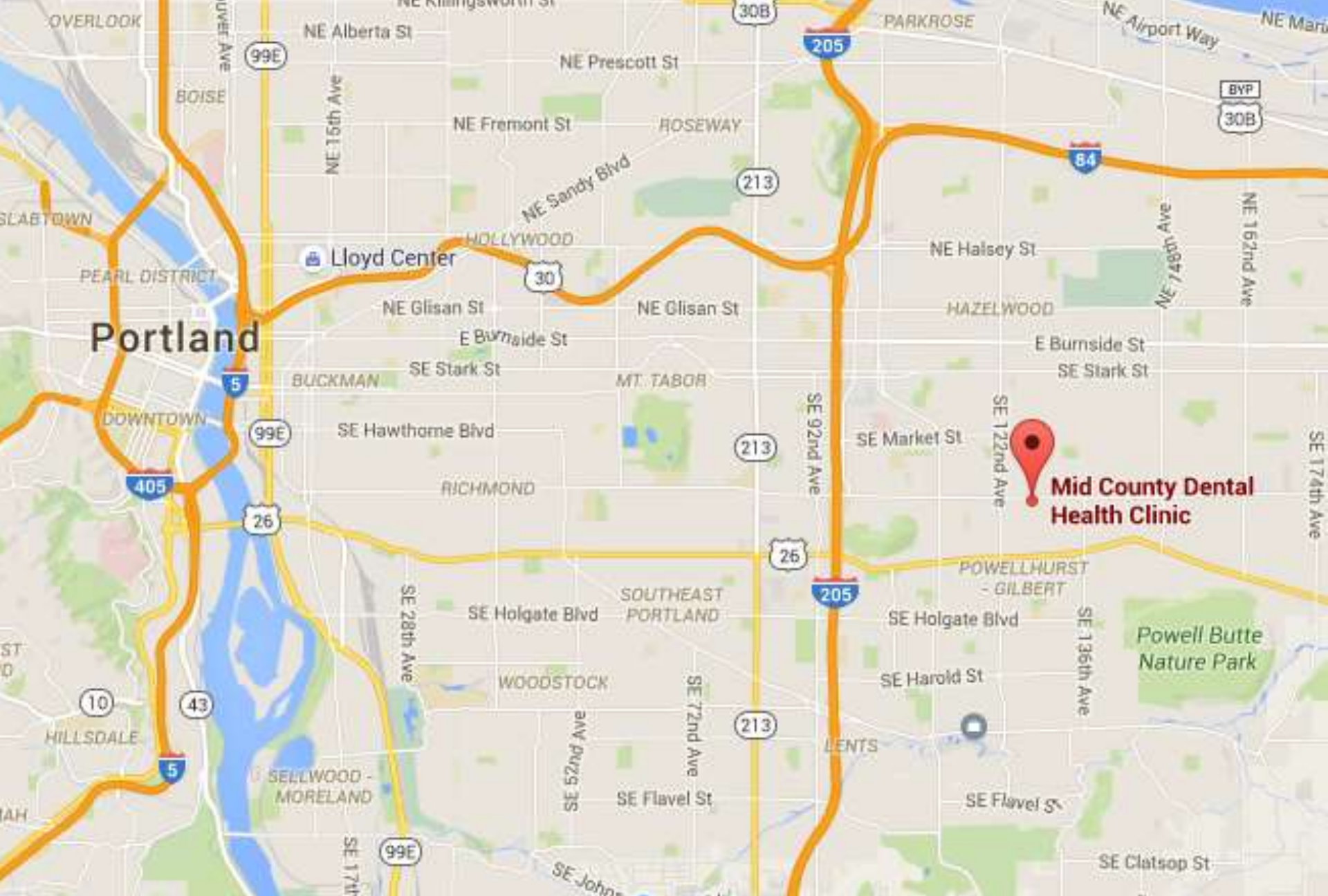


CSA Evaluation Findings cont'd

- 95% reported **liking vegetables** they previously disliked
- 100% reported eating **greater variety** of vegetables
- 80% reported **better overall health**
- Many participants reported **significant weight loss**













ZENGER *farm*

educating youth and adults about food, farming and environmental stewardship | PORTLAND, OR









Mid County Fresh Veggie Box CSA



A box of farm fresh vegetables once a week at your health center.



Community Supported Agriculture (CSA) Program

What do I get in the Mid County CSA?

- Drop by Mid County to pick up your vegetables
- Get a bag of flour, grains or beans every week
- Enough vegetables for 2 or 3 people
- Weekly recipes make cooking fun
- Free cooking classes
- Tour Zenger Farm and meet your farmers
- Share recipes and meet new friends

Sign up early– space is limited!

Write your name and give this to your provider:

or contact: Julio Maldonado, 503-988-5871
julio.c.maldonado@multco.us

Pick-up at Mid County
Tuesdays 4:30 to 6:30
June 2 to November 3

Sliding fee scale:
\$5 - \$20 every week
Use your SNAP!



MID COUNTY CSA DE GRANJA ZENGER

SEMANA 9: JULIO 28, 2015



SU PARTE DE MEMBRECIA

- Lechuga
- Cebolla "Walla Walla"
- Pepino "Limón"
- Ejote "Dragon Tongue"
- Betabel "Detroit Red"
- Papa "Yukon Gold"
- Jitomate "Niña Nueva"
- Albahaca
- Bob's Red Mill: Brown Rice

NOTAS DE LA GRANJA

Es hora de empezar a disfrutar del pleno verano... ¡Es temporada de jitomates! En la Granja Zenger, cultivamos 5 variedades diferentes de jitomates para usted y tomates de cereza también. Algunos maduran temprano, algunos les gusta el calor, mientras que algunos prosperan bajo condiciones más frescas. Dos de ellos son ideales para cocinar. ¡Tenemos muchas ganas de oír sus modos favoritos de como disfrutar de ellos!

Niña Nueva



Estos jitomates

Krim Negro



¡Este jitomate
rebanado de la
familia reliquia de

El Cosmonauta Volkov



Este jitomate

Woodle Anaranjado



El jitomate es
anaranjado, es
increíblemente rico

Astiana



El jitomate



Future Plans

- Expand reach and capacity
- Financial Sustainability
- Maintain the quality and experience for CSA members.









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CSA Partnerships for Health

